

Abuse Recovery Questionnaire

Name: _____ Date: _____

If miracle happened in the middle of the night and you had overcome the effects of your childhood abuse to the extent that you no longer needed therapy and felt quite satisfied with your daily life, what would be different?

Make a written list of those things in your life that you would like to have continue.

Imagine that you have grown to be a healthy, wise old woman/man and you are looking back on this period of your life. What do you think that this wonderful, old, wiser you would suggest to you to help you get through this current phase of your life?

What you they tell you to remember?

What would they suggest that would be most helpful in helping you heal from the past?

What would they say to comfort you?

What advice would they give to help your therapy be most useful and helpful?

What will be the first sign that things are getting better and that the abuse is having less impact on your present life?

What will you be doing differently when the abuse is less of a problem?

What will your husband, wife, or best friend say is the first sign that things are getting better.

What difference will these healing changes make in future generations of your family?